## ABSTRACT OF THE DISCLOSURE

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A harness for a child is disclosed. The harness comprises an upper torso support component having front and rear portions, a lower torso support component having front and rear portions, and at least one handle extending between the rear portions of the upper and lower torso support components allowing the child to be lifted and supported by the harness. The lower torso support component may include a support belt for encircling the child's waist and a crotch support member extending from the front portion of the support belt to the rear portion of the support belt. In certain embodiments, the handle is connected to the front and rear portions at mounts spaced apart by a flex length which is less than the handle length such that the handle flexes to provide a handle void to facilitate grasping the handle.